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PROSPERO International prospective register of systematic reviews

Interventions based on psychological models of health related behaviour to reduce sugar intake related to dental caries in adults: a systematic review

Said Al Rawahi, Timothy Newton, Koula Asimakopoulou

Citation

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Review question(s)

Do interventions based on Social Cognitive Models (SCMs), or their constructs, improve caries related dietary behaviours in adults when compared with educational interventions?

What is the effect of interventions based on Social Cognitive Models (SCMs) on sugar intake in adults, when compared with educational interventions or no intervention?

Searches

- The Cochrane database including: Oral Health Group's Trials Register (2015),
- MEDLINE (from 1966 to September 2015),
- EMBASE (from 1980 to September 2015),
- PsycINFO (from 1966 to September 2015).

There will be no language restriction

Types of study to be included

Randomised Controlled Trials

Controlled Clinical Trials

Before and after studies

Condition or domain being studied

Dental Caries

Participants/ population

Adults aged 18 years and above

Intervention(s), exposure(s)

Theories and models of behaviour change (Davis et al, 2014; Munro, 2007; Ogden, 2004; Forshaw, 2002) can possibly help to understand individuals behaviours related to oral health. By understating the patterns of behavior change, effective strategies (NICE, 2007) at the individual level can be developed that may help in maintaining good oral hygiene. Applications of these models and theories in health related behaviour interventions have shown to be more productive when compared with non-theory based interventions (Abraham et al 2009).

There have been many applications of behaviour change theories aimed at improving oral hygiene practice among adults (Newton and Asimakopoulou, 2015). In particular, Social Cognitive Models (SCMs) help to understand individuals' behaviour, thoughts, beliefs, and attitudes (Conner & Norman 2005). SCMs are favoured because they

focus on individuals, rather than groups or systems, and this takes into account the individuals needs and differences, which may maximise the success of behavioural change.

Comparator(s)/ control

Health Education interventions or non

Context

Oral health educational (non-psychological theory based) interventions, no intervention controls.

Outcome(s)

Primary outcomes

- Behavioural outcomes: reduction of sugar intake, assessed by any method, including self-report, food diary, observation etc.

- Attitude and belief outcomes:

- o Primary outcomes: Patients' attitudes, beliefs and their intentions towards sugar intake related to dental caries.

sustain the improvement for one year

Secondary outcomes

For permanent dentitions which are: tooth decay increment, DMFS and DMFT scores, filled teeth which includes replaced restorations, early carious lesions which are arrested or reversed, and root caries.

Data extraction, (selection and coding)

Data will be collected for each study on a data sheet, which includes the following data points:

- Study Design
- Sample size
- Psychological constructs assessed and theoretical framework adopted
- Measures of primary and secondary outcomes
- Effect of intervention on outcomes

Two authors will independently extract data, following the guidance of the Cochrane reviewers' handbook checklist (Higgins and Deeks.. 2008)

Risk of bias (quality) assessment

Cochrane reviewers' handbook checklist will be used (Higgins et al. 2011) to assess the risk of bias interventional trials.

Strategy for data synthesis

If a sufficient number of homogeneous studies meet the inclusion criteria, and have accessible effect sizes, a quantitative meta-analysis will be conducted.

Analysis of subgroups or subsets

None planned

Dissemination plans

via publication

Contact details for further information

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Anticipated or actual start date

17 September 2015

Anticipated completion date

16 March 2016

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Conflicts of interest

None known

Language

English

Country

England

Subject index terms status

Subject indexing assigned by CRD

Subject index terms

Adult; Dental Caries; Diet; Humans; Models, Psychological

Stage of review

Completed but not published

Date of registration in PROSPERO

21 September 2015

Date of publication of this revision

18 March 2016

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Stage of review at time of this submission

Preliminary searches
Piloting of the study selection process

Started

Yes
Yes

Completed

Yes
Yes

Formal screening of search results against eligibility criteria	Yes	Yes
Data extraction	Yes	Yes
Risk of bias (quality) assessment	Yes	Yes
Data analysis	Yes	Yes

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